

Notice is hereby given pursuant to the requirements of section 403(r)(6)(21) of the U.S.C. 343 (r)(6) of the Federal Food, Drug and Cosmetic Act and in the accordance with the requirements of 21 CFR 101.93, that Metagenics, Inc. with its principal place of business at 971 Calle Negocio, San Clemente, California 92673, (949) 366-0818, has commenced marketing the following dietary supplements bearing the following statement(s) on the label and/or in the labeling:

METAGENICS BRAND

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
BioPure Protein™	Whey Protein Concentrate	<p>An ideal nutritional support for individuals who wish to add a high quality protein to their diet to help promote optimal health and well-being.</p> <p>The high concentration of naturally occurring, bioactive immunoglobulins support the immune system and are believed to promote healthy, efficient intestinal function.</p> <p>BioPure Protein has been developed specifically for people wanting to improve general health and support their immune system.</p> <p>It helps many users maintain and gain weight and is ideally suited to improve body composition</p>

LET 3993

		and lean muscle mass.
Cal Apatite Plus™	Calcium; Vitamin D; Ipriflavone	<p>Calcium, along with regular exercise and a healthy diet, can play a significant role in reducing the rate of bone loss or bone thinning and in protecting bone strength.</p> <p>Vitamin D, an essential nutrient for the maintenance of healthy bones, promotes intestinal calcium absorption and helps to regulate calcium homeostasis in the body.</p> <p>Ipriflavone, a derivative of naturally occurring isoflavones, helps support positive bone metabolism.</p>
CoQ-10 ST™	Coenzyme Q10	Coenzyme Q10 plays an important role in the body's production of energy and also has antioxidant properties.
Fem Soothe™	Vitamin B6; Magnesium; Cramp Bark Root; Blue Cohosh Root; Wild Lettuce Leaf; Dong Quai Root; Black Cohosh Root	<p>Fem Soothe is a specialized blend of Eurasian and Native American herbal extracts traditionally used during menses. These unique ingredients combined with magnesium and vitamin B6 provide support for the uterus and associated tissues.</p> <p>A specialized blend of Eurasian and Native American herbal extracts such as cramp bark and black cohosh, herbs traditionally used to support uterine function during menses.</p> <p>Features the added benefits</p>

		of magnesium to help support muscle relaxation and vitamin B6 to help support healthy hormone metabolism.
Glycogenics™	B-Complex Vitamins	<p>Supports healthy sugar and homocysteine metabolism, optimal energy levels, and a healthy stress response.</p> <p>B-complex vitamins are actively involved in the breakdown and metabolism of carbohydrate, proteins, and fats.</p>
Ultra Prostagren™	Vitamin A; Vitamin B6; Zinc; Glycine; L-Alanine; L-Glutamic Acid; Saw Palmetto Berry Extract; Nettles Root	<p>Combines the unique benefits of select herbs, amino acids, and nutrients in a new and improved, exclusive formula designed to support prostate health and proper urination.</p> <p>Saw palmetto is a popular herb known for maintaining prostate health.</p> <p>Saw palmetto is then combined with nettles root, an herb also recognized for its prostate supporting properties, vitamin A, vitamin B6, and zinc, essential nutrients for maintaining male reproductive health, and an amino acid complex used to help support prostate health.</p>
Zinc A.G.™	Zinc	Zinc and arginine are especially important for immune support and tissue synthesis. In addition, zinc is a component of numerous enzymes in the body related to energy metabolism, bone mineralization, and protein

		synthesis and plays a role in the healthy maintenance of male reproductive organs.
--	--	--

ETHICAL NUTRIENTS BRAND

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
Brain Care TM	Vitamin C; Vitamin B6; Folic Acid; Vitamin B12; Calcium; Phosphorus; Rosemary Leaf Extract; Ginkgo Leaf Extract; Black Cohosh Root & Rhizome; Brahmi; Gotu Kola	<p>Support for mental clarity and memory.</p> <p>To help maintain healthy mental function, Ethical Nutrients has the perfect answer... Brain Care.</p> <p>Combines ginkgo and black cohosh with other herbs and nutrients in a formula designed to support healthy mental performance.</p> <p>Ginkgo biloba (standardized extract) supports mental alertness, concentration, and memory by increasing the blood flow of oxygen and nutrients to the brain.</p> <p>Ayurvedic botanicals such as brahmi and gotu kola are traditionally used to promote mental health.</p> <p>Black cohosh (standardized extract) is cherished by women for its phytoestrogen content.</p> <p>Vitamins B6, B12, and folic acid are necessary for healthy brain and nervous</p>

		<p>system function.</p> <p>Rosemary leaf (standardized extract) delivers excellent antioxidant support.</p>
Cardiotain™	<p>Vitamin C; Vitamin E; Folic Acid; Vitamin B12; Vitamin B6; Hawthorn; Horse Chestnut; Ruten</p>	<p>Natural heart and vein care.</p> <p>Combines essential nutrients with select herbs in a formula designed to support a healthy heart, veins, capillaries, and good circulation, and to help maintain normal homocysteine levels.</p> <p>Features a unique balance of antioxidants, select vitamins, and concentrated flavonoids from hawthorn and horse chestnut in a formula designed to help you maintain a healthy heart, veins and circulation.</p> <p>Horse chestnut seed has a long history of traditional use in maintaining healthy veins, capillaries and peripheral circulation.</p> <p>Rutin may help maintain capillary integrity.</p> <p>Hawthorn is popular throughout Europe for promoting women's health. It is traditionally used to support healthy coronary circulation and supplies flavonoids, which may help protect blood vessel wall integrity.</p> <p>Vitamins B6, B12, and folic</p>

		<p>acid are essential nutrients for maintaining normal homocysteine levels in the blood, which is important for optimum cardiovascular and circulatory function.</p> <p>Vitamin E is a potent antioxidant that helps protect the heart and arteries.</p> <p>Vitamin C helps maintain healthy blood vessels and promotes cardiovascular health. It acts synergistically with vitamin E.</p>
Heart Glandular Plus™	<p>Taurine; Magnesium; Potassium; Calcium; Raw Heart concentrate; Hawthorne berries; Gentian; Green Pea concentrate; Potassium; Magnesium; Calcium; Selenium; Chromium.</p>	<p>A unique blend of mineral aspartates, raw heart concentrate, taurine and specialty herbs, including hawthorne berries, designed to provide nutritional support to the cardiovascular system.</p>
Stress Rescue™	<p>Rehmannia root; Schisandra Fruit; Jujube fruit; dong quai root; Asparagus root; Ophiopogon root; Scrophularia root; Codonopsis root; Salvia root; Poria Sclerotium; Polygala root; Platycodon root</p>	<p>Herbal stress formula</p> <p>A classic combination of select Chinese herbs traditionally used to promote inner peace.</p> <p>This ancient stress formula is believed to bring balance and harmony to the body and to help fend off the effects of daily stress.</p> <p>"Nourish the heart" and "maintain a calm spirit," using Stress Rescue from Ethical Nutrients, a classical Chinese stress formula.</p>

ESSENTIALS BY ETHICAL NUTRIENTS BRAND

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
Men's Multi Vitamin with Minerals	Vitamin A; Vitamin C; Vitamin D; Vitamin E; Thiamin; Riboflavin; Niacin; Vitamin B6; Pantothenic Acid; Calcium; Phosphorus; Iodine Magnesium; Zinc; Selenium; Copper; Manganese; Chromium; Molybdenum; Potassium	<p>Features:</p> <ul style="list-style-type: none"> - Antioxidant vitamins C, E, and beta-carotene to protect the heart and other tissues from free radicals. - A full spectrum of B vitamins, which are essential for energy production. - Vitamins B6, B12, and folic acid, essential nutrients for maintaining normal homocysteine levels in the blood, which is important for cardiovascular health. - Minerals such as magnesium and calcium for healthy muscle function, and chromium to help support healthy blood sugar levels. <p>Contains high potency antioxidants: Vitamin A (beta-carotene), Vitamin C and Vitamin E. These antioxidants help protect your heart and cardiovascular system.</p> <p>In addition, Vitamin C supports immune function and is essential for the production and maintenance of healthy joint cartilage.</p>
Saw Palmetto	Saw Palmetto Berry; Genistein; Dadzein	Saw Palmetto is a popular herb known for maintaining prostate health.

		<p>This formula also supplies optimal levels of the isoflavones, genistein and dadzein, beneficial substances found in soybeans that are associated with healthy prostate function.</p>
--	--	---

METABOTANICA BRAND

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
Chasteberry Plus™	Chasteberry fruit extract; Shatavari root extract; Ashwagandha root extract; White Sandalwood	<p>A unique formula designed to support a healthy menstrual cycle.</p> <p>Chasteberry, an herb prized by the ancient Greeks, supports healthy female hormone balance while the Ayurvedic herbs, shatavari and ashwagandha, are traditionally used to relieve stress and promote women's health.</p> <p>A special formula designed to help maintain a healthy hormonal balance in women throughout their child-bearing and menopausal years.</p> <p>The fruit and seeds of chasteberry, which were observed by the ancient Greeks to promote women's reproductive health, appear</p>

		<p>to support both progesterone and prolactin synthesis.</p> <p>This unique herb is then blended with Ayurvedic adaptogenic herbs such as shatavari and ashwagandha, which have a long history of use in supporting women's health.</p> <p>This combination of herbs produce a health promoting synergy unique to women of all ages.</p>
Hepatacin™	Hellebore Root; Spreading Hog Weed; Whole Plant Andrographis Aerial Parts; Chicory Seed; Ginger Rhizome; Indian Gall Nut Fruit; Logn Pepper Fruit; Embella Fruit; Phyllanthus Aerial Parts; Trailing Eclipta Leaf and Root; Arjuna Myrobalan Bark.	Combines key herbs traditionally used within the ancient system of Ayurveda to help support healthy liver function and associated organ systems.


METAPHARMA BRAND

Name of Supplement	Name of Ingredient or Supplement that is Subject to the Claim	Text of Claim
Hepataherb Complex™	Hellabore Root; Spreading Hog Weed Whole Plant; Andrographis Aerial parts; Chicory Seed; Ginger Rhizome; Amla Fruit; Indian Gall Fruit; Long Pepper Fruit; Embelia Fruit; Phyllanthus Aerial parts; Trailing Eclipta Leaf and Root; Arjuna Myrobalan Bark	<p>Ayurvedic botanical formula for liver support.</p> <p>A carefully balanced herbal formula that incorporates the essence of Ayurveda to support healthy liver function.</p>
ProstaHerb Plus™	Vitamin A; Vitamin B6; Zinc; Calcium; Phosphorus; Glycine; L-Alanine; L-Glutamic Acid; Saw Palmetto Berry Extract; Nettles Root	<p>Combines the unique benefits of select herbs, amino acids, and nutrients in an exclusive formula designed to support prostate health and proper urination.</p> <p>Saw palmetto is a popular herb known for maintaining prostate health.</p> <p>Saw palmetto is then combined with nettles root, an herb also recognized for its prostate supporting properties, vitamins A and B6, and zinc, essential nutrients for maintaining male reproductive health and an amino acid complex used to help support prostate health.</p>
Silymarin Select™	Milk Thistle Seed Extract	Provides milk thistle extract standardized to 80% silymarin (56mg), which is noted for its antioxidant properties and support of healthy liver function and detoxification.

Sinublend™	Ephedra Leaf; Turmeric Rhizome Ginger Rhizome; Licorice Root; Feverfew Aerial Parts	Herbal formula to support respiratory function. Features a balanced blend of ephedra, an herb traditionally used to support respiratory function, with the complementary herbs turmeric, ginger, licorice, and feverfew for added support.
------------	---	---

THE UNDERSIGNED CERTIFIES THAT THE INFORMATION CONTAINED IN THIS NOTICE IS COMPLETE AND ACCURATE AND THAT METAGENICS, INC. HAS SUBSTANTIATION THAT THE STATEMENTS CONTAINED HEREIN ARE TRUTHFUL AND NOT MISLEADING.

July 15, 1999

BY: 
Kim Krumhar, Ph.D.
Its Director of Research and Development